



Southwest Region - Safety Newsletter

April 2004

NAVOSH

HOW THEY GOT HURT - The Leading Causes of On-the-Job Injuries

Let's face it -- no one wants to get hurt on the job or elsewhere. Yet, each year, millions of workers suffer worksite injuries that were largely preventable. Knowing the leading causes of these injuries is the first step in learning how to protect against them.

Physical Overload - The number one cause of on the job injuries is physical overload - lifting too much (or improperly), straining, overreaching, bending, twisting, and otherwise making our bodies go in ways that they're not designed to go! To avoid physical overload, learn and use proper lifting techniques, never bend or twist while lifting or carrying, and whenever possible, use mechanical help.

Impact Accidents - The second most common cause of worksite injury is impact accidents - being hit by, or hitting an object. The best ways to avoid impact accidents are to be alert to potential hazards (for example, never walk under scaffolding or cranes), to use the appropriate personal protective equipment necessary for the hazards you face (such as hard hats, eye protection, etc.), and to follow established safety guidelines.

Falls - Next in line, are injuries resulting from falls. Fall injuries are as common in the home as they are at the worksite, so fall prevention is truly everyone's business. To avoid injuries from falls, be sure that your footing is



firm

- wear slip-resistant shoes and avoid hurrying. Make sure that walkways are well-lighted and clear of obstacles. Learn how to use ladders and scaffolding safely, and always use handrails when climbing stairs.

Machine Accidents - The last of the major causes of on the job injury is machine-related accidents - getting caught by moving machine parts. When working around any machine that rotates, slides, or presses, use extreme caution - never wear jewelry or loose-fitting clothing that could get caught in your machine. Always use safety guards, shields and appropriate lock-out procedures. And, never work on a machine unless you are specifically trained to do so.

Be Safe, Not Sorry - The nature of accidents is that they can happen anywhere at any time. But, by using safety sense, you can eliminate the overwhelming majority of worksite injuries. Be alert to the hazards you face each day and learn what you can do to protect yourself against accidental injury and disability.

Have you heard of the Naval Safety Center's 1001 Safety Success Stories?

To control risks and avoid hazards, Navy and Marine Corps units often devise new strategies and adopt "best practices" from commercial industry. In turn, these efforts produce a wide range of success.

The Naval Safety Center's *1,001 Safety Success Stories* website showcases numerous Navy and Marine Corps achievements that prevent injuries, disabilities, and fatalities among our military and civilian personnel. The *Success Stories* concept was originated by the Navy Headquarters Occupational Safety and Health (NAVOSH) Program Office (CNO N454), and it is currently being expanded upon.

On the web pages of the *1001 Safety Success Stories*, are shared: innovative problem-solving strategies, new technologies, and award-winning safety programs. These *Success Stories* show the continuing commitment of the Navy and Marine Corps to take care of our people by integrating safety practices into our operations. Topics include: Asbestos, Chemical Hazard Control, Vibration Abatement, Ergonomics, Operational Risk Management (ORM), Noise Hazard Control, Fall Protection, and much more.

The Naval Safety Center anticipates that through publishing these *Success Stories* it will help others to protect their people by improving programs that prevent mishaps and injuries, save lives, and reduce costs.

Visit the Naval Safety Center's web site of 1001 Safety Success Stories at <http://www.safetycenter.navy.mil/success/default.htm> today.

RECREATIONAL AND OFF-DUTY SAFETY

April - Sports Eye Injury Month



Sport Eye Injury Hazards

According to the National Society to Prevent Blindness, almost 40,000 eye injuries were reported to be related to sports and recreational products. This number only reflects those that were reported, and estimates have been as much as 100,000. The sad part about eye injuries is that they often result in permanent damage, and over 90% of the injuries sustained could have been prevented. Many athletes have lost their careers due to eye injuries. The eyes are probably one the most important part of the body needed to effectively compete in sports. However, most people do not take any measures to protect them. They protect their heads with helmets and their bodies with pads, but few wear eyewear to protect their eyes.

There are many factors that will increase your risk to injury. Those with low skill levels, often found in the younger athletes, are at a greater risk. About 44% of the reported injuries were to children under the age of 14. Thus, young children should be protected, as any eye injury could permanently end ones

future in sports. Also, those with pre-existing eye conditions are at a bigger risk. For instance, if one is playing with low vision in one eye and good vision in another, precautions should be taken to protect the good eye, as injury to the good eye could result in vision loss, reducing the overall vision of the athlete. Also, those with high prescriptions might be at a bigger risk for permanent damage due to the inherent weaknesses pre-existing in their eyes. Also, those who have had eye surgery may also be at greater risk, since surgery may have weakened the natural state of the eye.

Other factors that increase your risk is the sport you are playing. Participating in a moderate to high-risk sport signals the need for eye protection. Low risk sports usually do not involve a ball or bat, and are usually individual sports (i.e. swimming, track and field, etc.). Moderate risk sports may involve the use of a ball or bat, and team sports. Sports injuries usually are a result of the ball hitting the eye, or a teammate or opponent poking the eye with a body part. Such sports should require protective eyewear. High-risk sports are sports that involve direct physical contact, such as boxing or wrestling. Unfortunately, no protective eyewear can be worn in these sports. Extra caution should be taken by those who have an existing eye weakness when participating in such sports.

Eye injuries may seem rare, but they are not. More aggressive play in sports recently has resulted in more and more eye injuries being reported every year. Take precautions now to ensure a successful sports future.

BBQ Safety

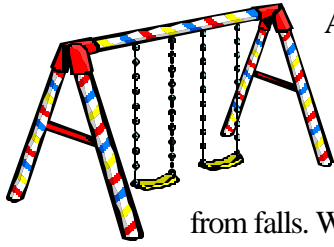
With the arrival of warm sunny weather comes an increase in people using their barbecue. Please consider the following safety tips as you consider cooking out:

- Keep clothing, towels or hot pads, away from the flames and use long-handled utensils that are intended for barbecuing. Also keep children away from the hot grill.
- Use charcoal lighter sparingly and with caution. Never squirt more on a fire that's already lit. The fire can shoot back up to the can along the stream causing burn injuries.
- Always discard briquettes in a metal can far away from combustibles or wait 1-2 days before removing briquettes from the barbecue. Still-warm briquettes placed in paper bags or plastic buckets start numerous deck fires each year.
- When barbecuing, your grill should be located at least 10 feet from your house or shrubbery, and placed on an even, non-combustible surface (asphalt or concrete). Never store gasoline or other flammable liquids near your barbecue.



If using a propane barbecue, at every change of the bottle, check the fittings from the propane bottle to the barbecue to insure proper seal and fit.

Playground Safety Awareness



April 26 – 30 is National Playground Safety Week. Below are some Playground Safety Tips from the National Safety Council.

Some 200,000 children are treated in emergency rooms every year for injuries they suffered on playgrounds. About 70 percent of the injuries are from falls. When you bring your child to a playground, here are some things to look for.

1. Is there a fence or hedge that will keep kids from running into traffic or parking lots?
2. Is any of the playground equipment broken? If so, does that pose a hazard? Check for sharp corners or edges, as well as missing pieces or guards. If so, find out who is responsible for the playground and report the problem.
3. Is the ground in the playground area cushioned with wood chips, pea gravel or sand? It should be loose and at least 12 inches deep. Asphalt, cement, and dirt are not adequate surfaces in the "fall zone" around swings, slides and teeter-totters.
4. Is there any trash lying around—such as broken glass or jagged metal—that might cut someone?
5. Walking surfaces should be free of debris.
6. Wooden playground equipment can deteriorate and produce dangerous splinters if it isn't preserved on a regular basis.
7. If a playground doesn't drain well, standing water can freeze and be dangerously slippery in the winter.
8. Look for openings on equipment where a child can trap his or her head. Although rules call for openings of less than 3.5 inches, or more than 9 inches, not all old equipment complies.
9. The current rule for swings is no more than two per support structure, and they should be at least 24 inches apart and 30 inches from the side support.
10. All S-hooks should be squeezed closed.

America's Playgrounds • MAKE THEM SAFE

HAZARD ALERTS

CPSC, Wagner Spray Tech Corporation Announce Recall of Drill Charger Base

Name of product: Wagner cordless drill charger base

Units: 180,000

Manufacturer/Importer: Wagner Spray Tech Corp., of Plymouth, Minn.

Hazard: A defective battery can cause the charger base to overheat, causing the base to melt and possibly burn nearby objects.

Incidents/Injuries: Wagner Spray Tech has received 11 reports of the charger base melting, causing minor property damage. No injuries have been reported.

Description: This recall includes 9.6-volt, 10.8-volt, 12-volt, 14.4-volt and 18-volt Wagner drill charger bases. The drills were sold in black and grey, and have the name "Wagner" printed on them. Model numbers involved in the recall are: W96DK, W108DK, W120DK, WB96, WB120, WB144, and WB180K. The model numbers are located on a label on the side of the drill.

Remedy: Stop using the charger base and contact Wagner Spray Tech for information on receiving a replacement charger base.

Consumer Contact: Call Wagner Spray Tech toll-free at (800) 214-0585 anytime or visit the firm's Web site at www.wagnerspraytech.com.

To see a picture of the recalled product please go to CPSC's web site at:

<http://www.cpsc.gov/cpscpub/prerel/prhtml04/04091.html>

CPSC, Hasbro Inc. Announce Recall of NERF(r) Big Play Football(tm)

Name of product: NERF(r) Big Play Football(tm)

Units: About 294,000

Manufacturer: Hasbro Inc., of Pawtucket, R.I.

Hazard: The football contains a hard plastic interior frame that can pose a risk of facial cuts if a child is hit during play.

Incidents/Injuries: There have been nine reports of facial injuries, including eight requiring stitches or medical attention.

Description: The NERF(r) Big Play Football(tm) is a red and silver NERF football with a silver flip-open top that reveals an erasable writing pad to plan football plays on in the center of the ball. The NERF name, an NFL logo and a large black "X" are on the silver region of the football. Mike Vick's signature in red also is written on the football, and his photo is on the packaging.

Remedy: Consumers should stop using this football immediately and return it to the company for a replacement NERF product of equal value. Hasbro will provide consumers with a postage-prepaid label to return the product.

Consumer Contact: Consumers should contact Hasbro, Inc. at (866) 637-3244 anytime, or go to www.nerf.com.

To view this press online, visit the following link:
<http://www.cpsc.gov/cpscpub/prerel/prhtml04/04074.html>

**Plan for safety --
Don't get caught up in your work.**